

Fruit Quesadillas



Makes 4 Servings

Ingredients:

4 Whole Wheat Tortillas
8 Tablespoons Fat Free Cream Cheese
1 Cup of Strawberries Sliced
1 Cup Apples Diced
1 Cup Bananas Sliced
Butter Flavored Cooking Spray

Directions:

- 1) Spread 2 tablespoons of berry cream cheese onto half of each tortilla.
- 2) Sprinkle strawberries, apple and banana on top of the cream cheese.
- 3) Fold the tortilla in half making a quesadilla.
- 4) Heat the skillet and spray with cooking spray.
- 5) Cook both sides of the quesadilla until golden brown.
- 6) Cut into thirds and enjoy.

Nutrition Information per serving: calories, 271; carbohydrates, 44g; protein, 10g; fat, 7g; saturated fat, 1g; trans fat, 0g; cholesterol, 4mg; fiber, 7g; sodium, 721mg; calcium, 134mg; folate, 35mcg; iron, 1mg; percent calories from fat, 23%

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



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Blackberry BBQ Chicken



Makes 4 Servings

Ingredients:

1/2 Cup Fresh Blackberries
1 1/2 Cups Sodium Ketchup
1/8 Teaspoon Cayenne Pepper
1/4 Teaspoon Mustard powder
2 Tablespoons Cider Vinegar

4 Chicken Breasts
Salt & Pepper

Directions:

- 1) In a blender puree the blackberries, ketchup, cayenne pepper, mustard powder and vinegar to make the bbq sauce.
- 2) Season the chicken with salt and pepper. Cook the chicken in the oven at 375 for 15 minutes.
- 3) Spoon the bbq sauce over the cooked chicken and return to oven for 3 minutes. Serve hot or chilled on a salad.

Calories 222; carbohydrates 26g; protein 27g; fat 3g; saturated fat 0g; trans fat 0g; cholesterol 65mg; fiber 1g; sodium 569mg; calcium 26mg; iron 1mg; folate 14mcg; percent calories from fat 12%

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Welcome to "Food for Thought," Kid Zone's monthly nutrition newsletter. Each month, you'll find helpful hints to make eating healthy easier for you and your family. You'll also find delicious recipe ideas that are quick, economical, and packed with nutrition and taste. We hope you and your family enjoy "Food for Thought."